

# Women Achieving a Healthy Weight

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# Wishful Thinking

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- Many women are dissatisfied with their weight and wish they were thinner.



# Women and their Weight

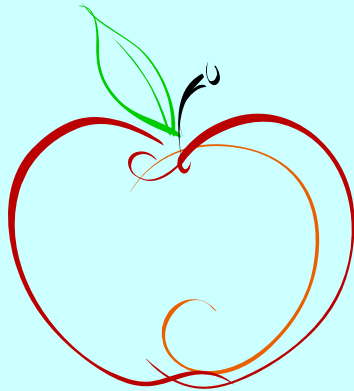
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- Women have unique issues when it comes to their weight
- For that matter men do too
- Obesity is usually defined using a ratio of weight/height<sup>2</sup> called body mass index or BMI

# Apple vs. Pear

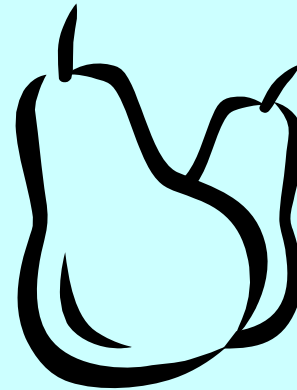
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## Central Obesity



Males are prone to central obesity

## Peripheral



Females are prone to peripheral obesity except after menopause

# HP 2010 Basic Weight-Related Goals

Healthy Weight=:

Body Mass Index  $\geq 18.5 < 25$  kilograms/meter<sup>2</sup>

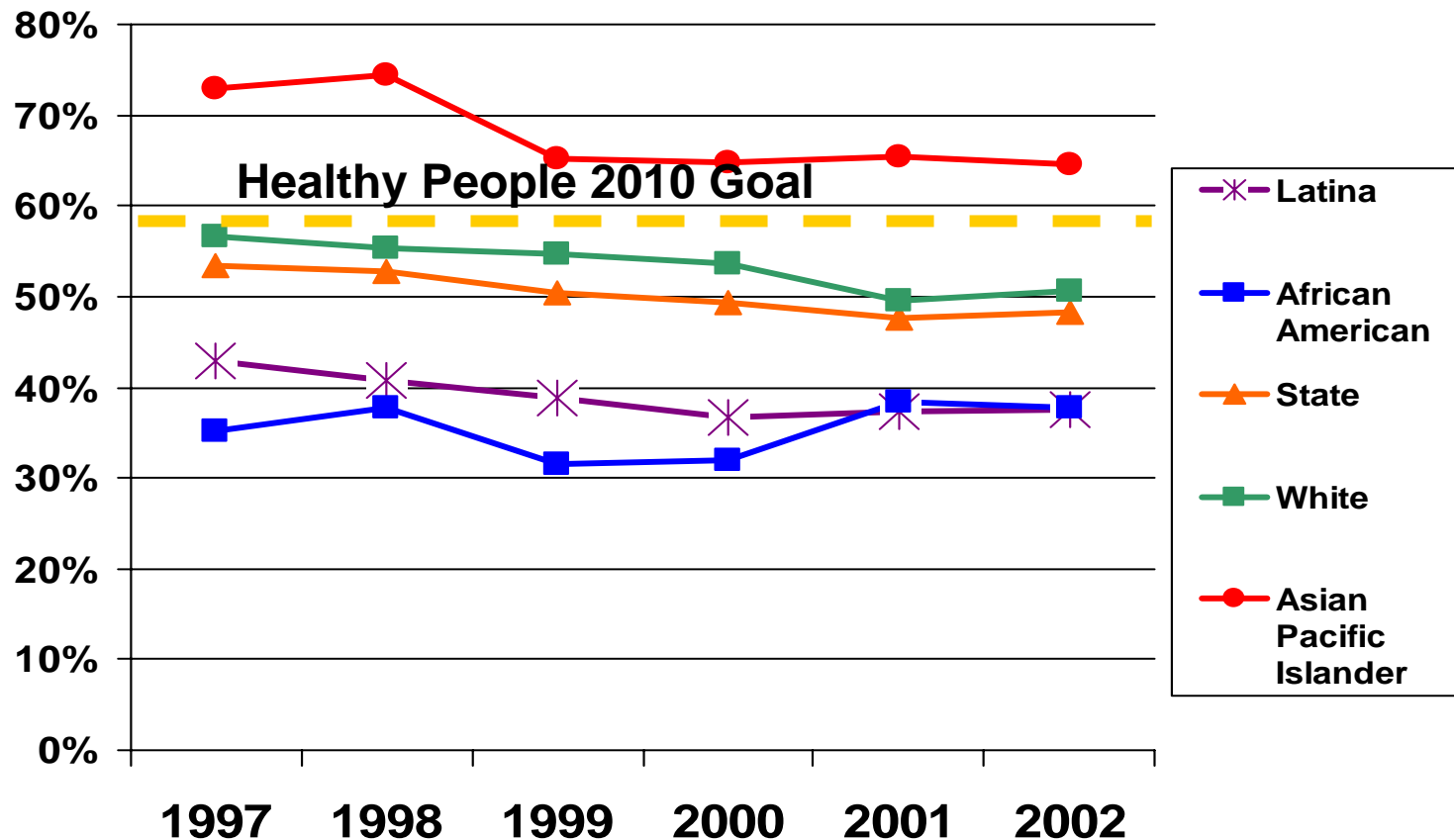
HP Objective 19-1.

- Increase the proportion of adults who are at a healthy weight from baseline of 45% for women to 60%

HP Objective 19-2.

- Reduce the proportion of adults who are obese from baseline of 25% for women to 15%

# Rates of Healthy Weight<sup>1</sup> in California Women:1997-2002 by Race/Ethnicity

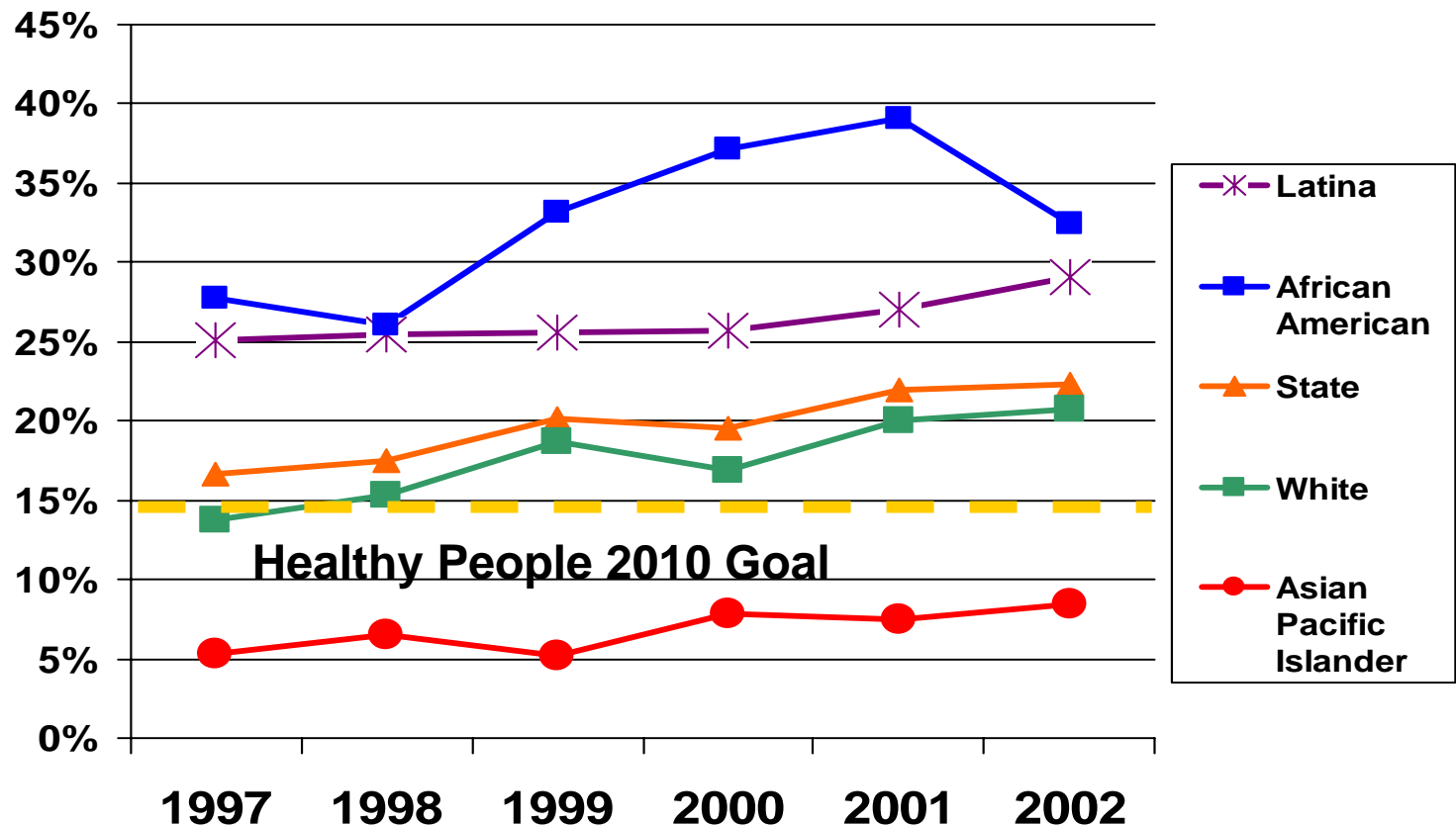


<sup>1</sup> Healthy Weight = BMI of greater than or equal to 18.5 but less than 25. Based on reported height and weight.; age-adjusted to the 1990 California population.

Source: California Dept. of Health Services, Cancer Surveillance Section, California Women's Health Survey; weighted to the 1990 California population



# Rates of Obesity<sup>1</sup> in California Women 1997-2002 by Race/Ethnicity

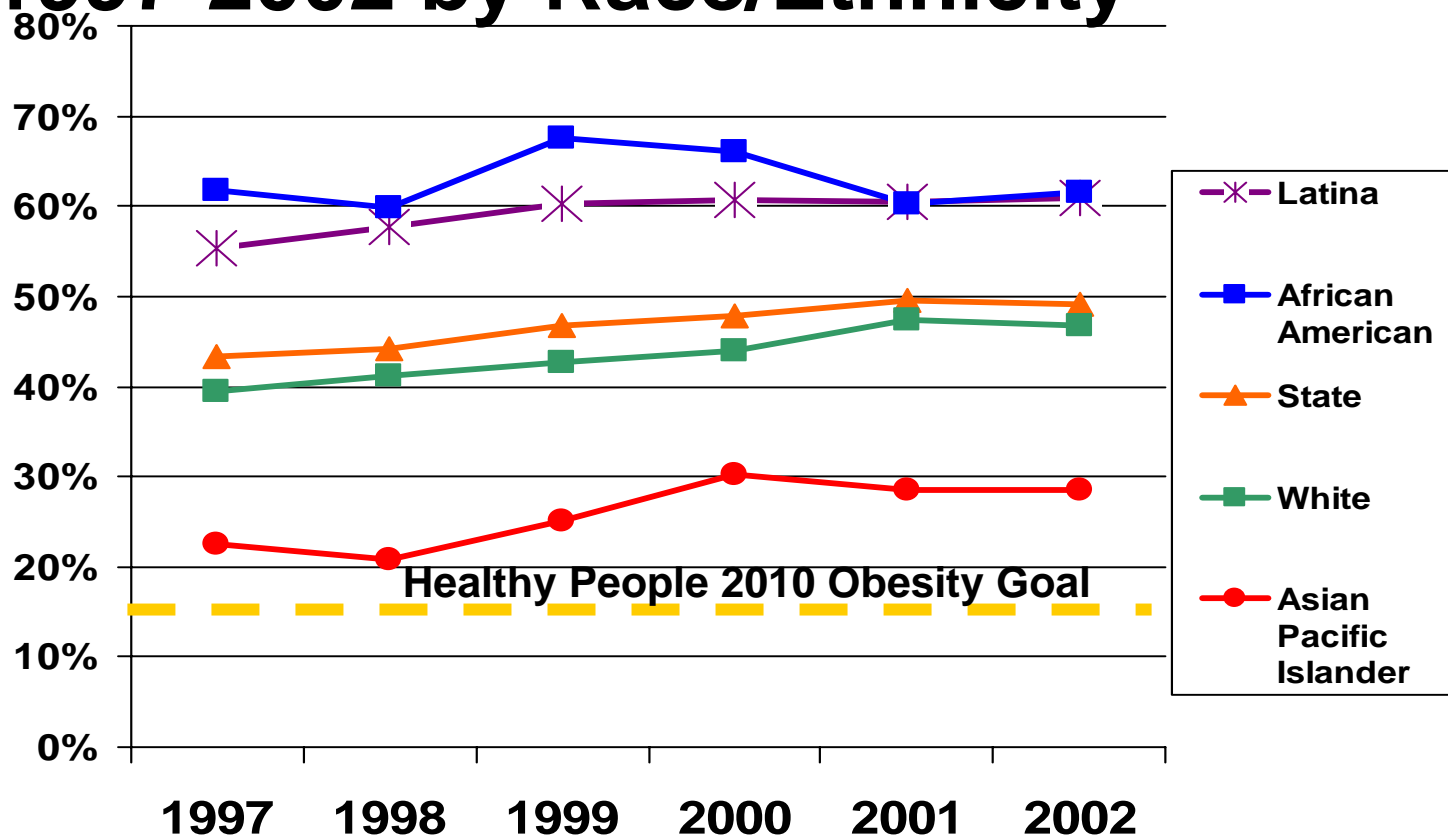


<sup>1</sup> Obesity = BMI of 30 or higher. Based on reported height and weight.; age-adjusted to the 1990 California population.

Source: California Dept. of Health Services, Cancer Surveillance Section, California Women's Health Survey; weighted to the 1990 California population

# Rates of Overweight + Obesity<sup>1</sup> in California Women

## 1997-2002 by Race/Ethnicity



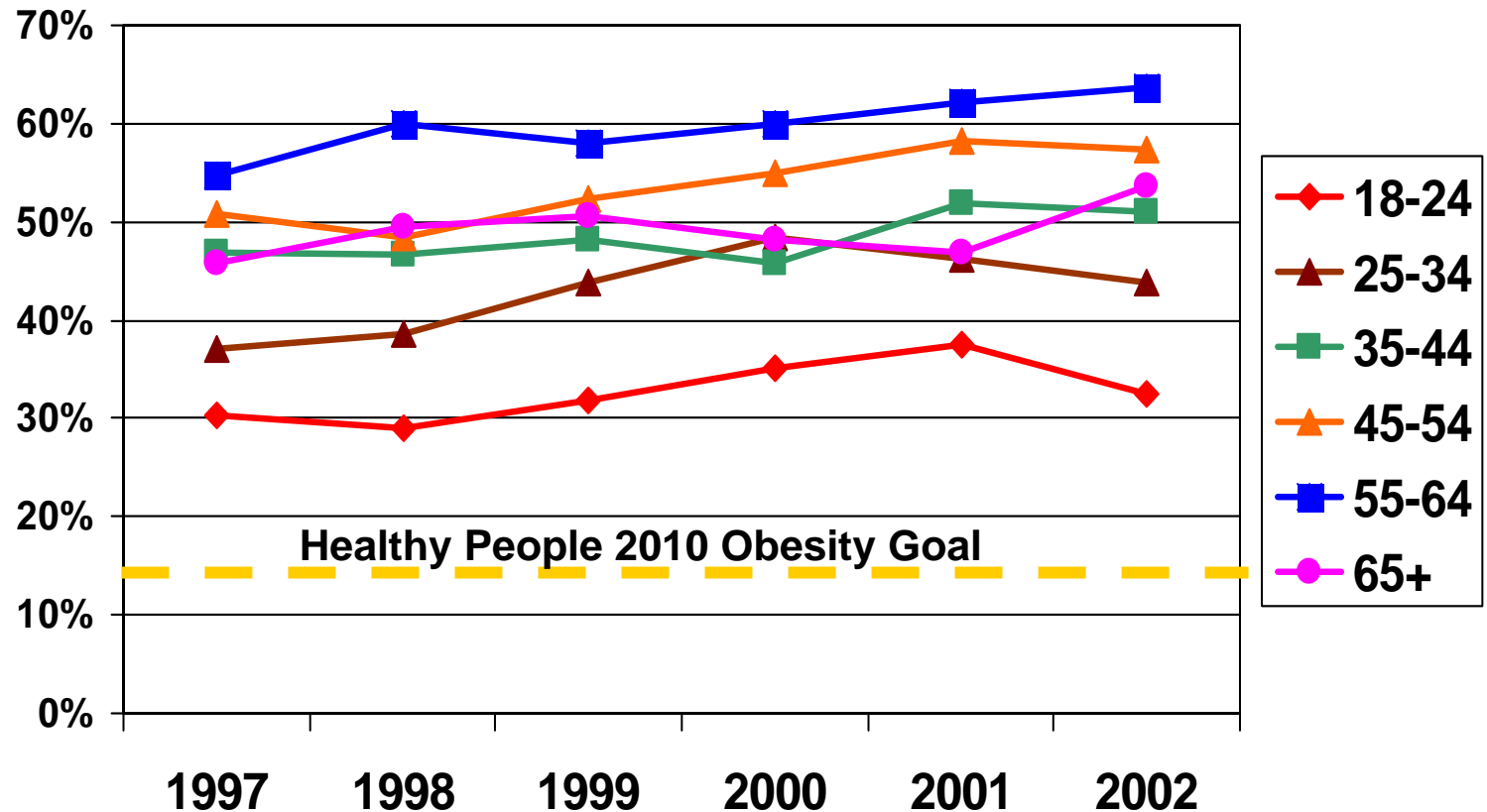
<sup>1</sup> Overweight + obesity = BMI of 25 or higher. Based on reported height and weight.; age-adjusted to the 1990 California population.

Source: California Dept. of Health Services, Cancer Surveillance Section, California Women's Health Survey; weighted to the 1990 California population



# Rates of Overweight + Obesity<sup>1</sup> in California Women

## 1997-2002 by AGE

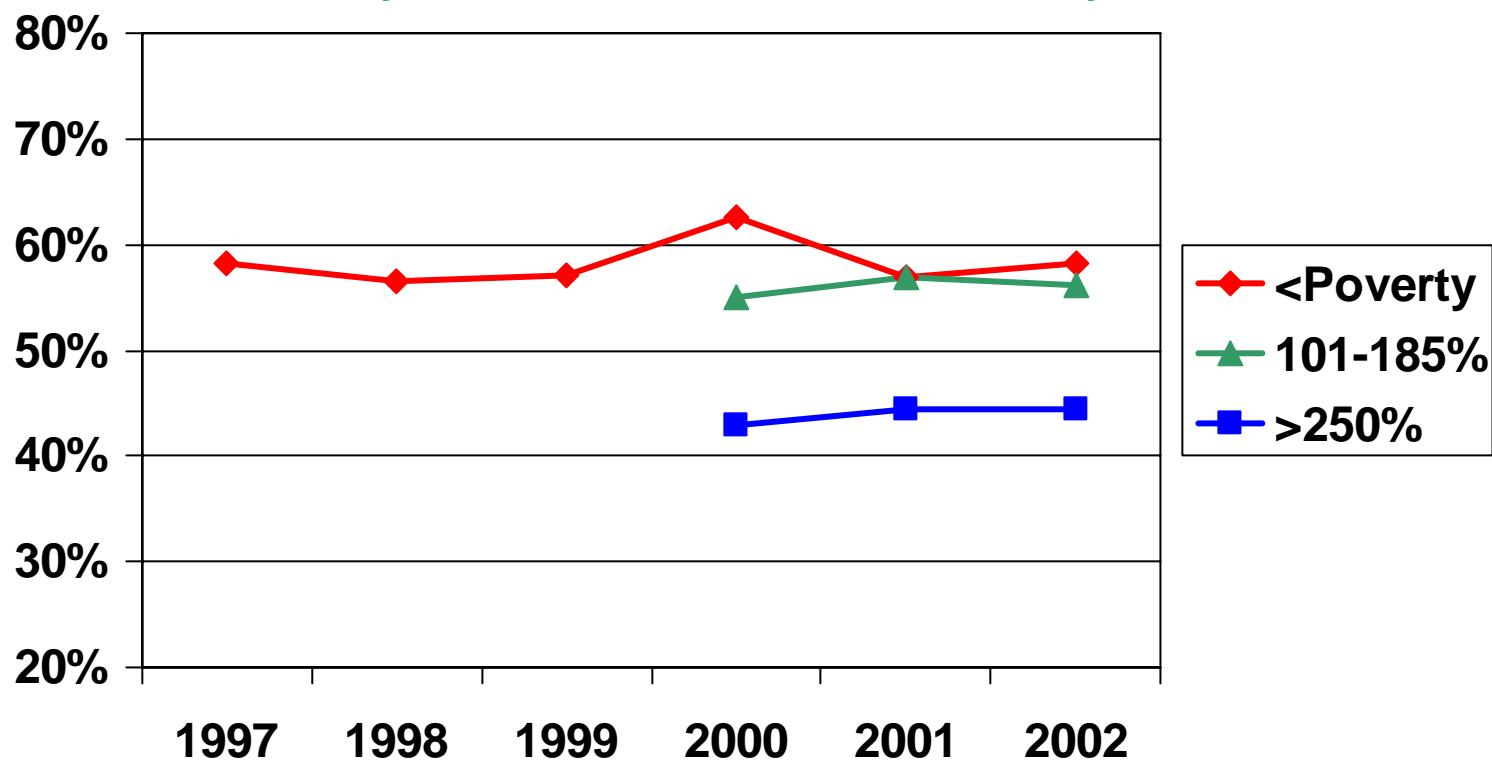


<sup>1</sup> Overweight + obesity = BMI of 25 or higher. Based on reported height and weight.; age-adjusted to the 1990 California population.

Source: California Dept. of Health Services, Cancer Surveillance Section, California Women's Health Survey; weighted to the 1990 California population

# Rates of Overweight + Obesity<sup>1</sup> in California Women

1997-2002 by Household Federal Poverty Status Level



<sup>1</sup> Overweight + obesity = BMI of 25 or higher. Based on reported height and weight.; age-adjusted to the 1990 California population.

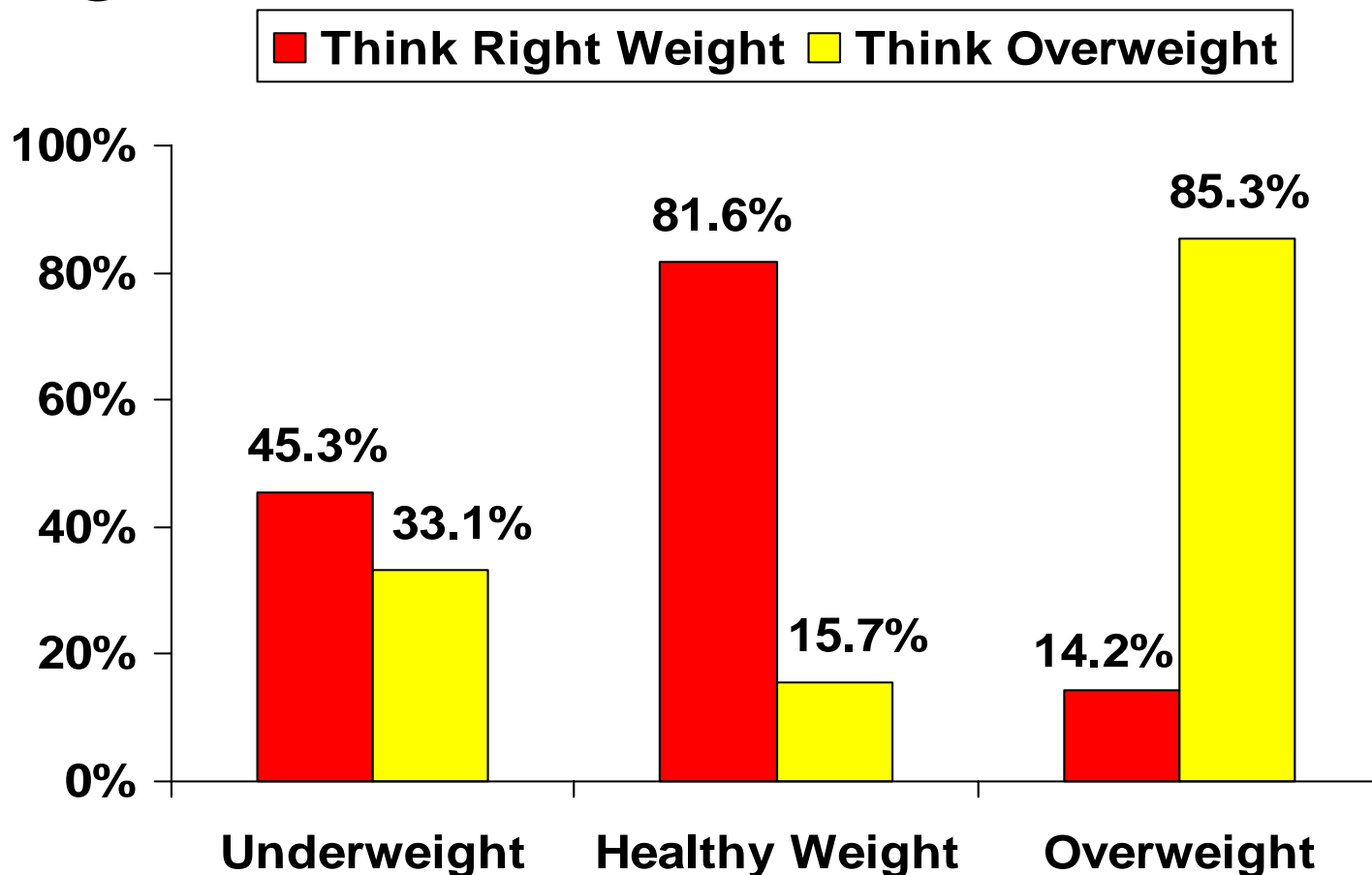
Source: California Dept. of Health Services, Cancer Surveillance Section, California Women's Health Survey; weighted to the 1990 California population

# Perception of Weight, 2002

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- 1/3 of underweight women felt they were overweight
- 14% of overweight and obese women felt they were the right weight

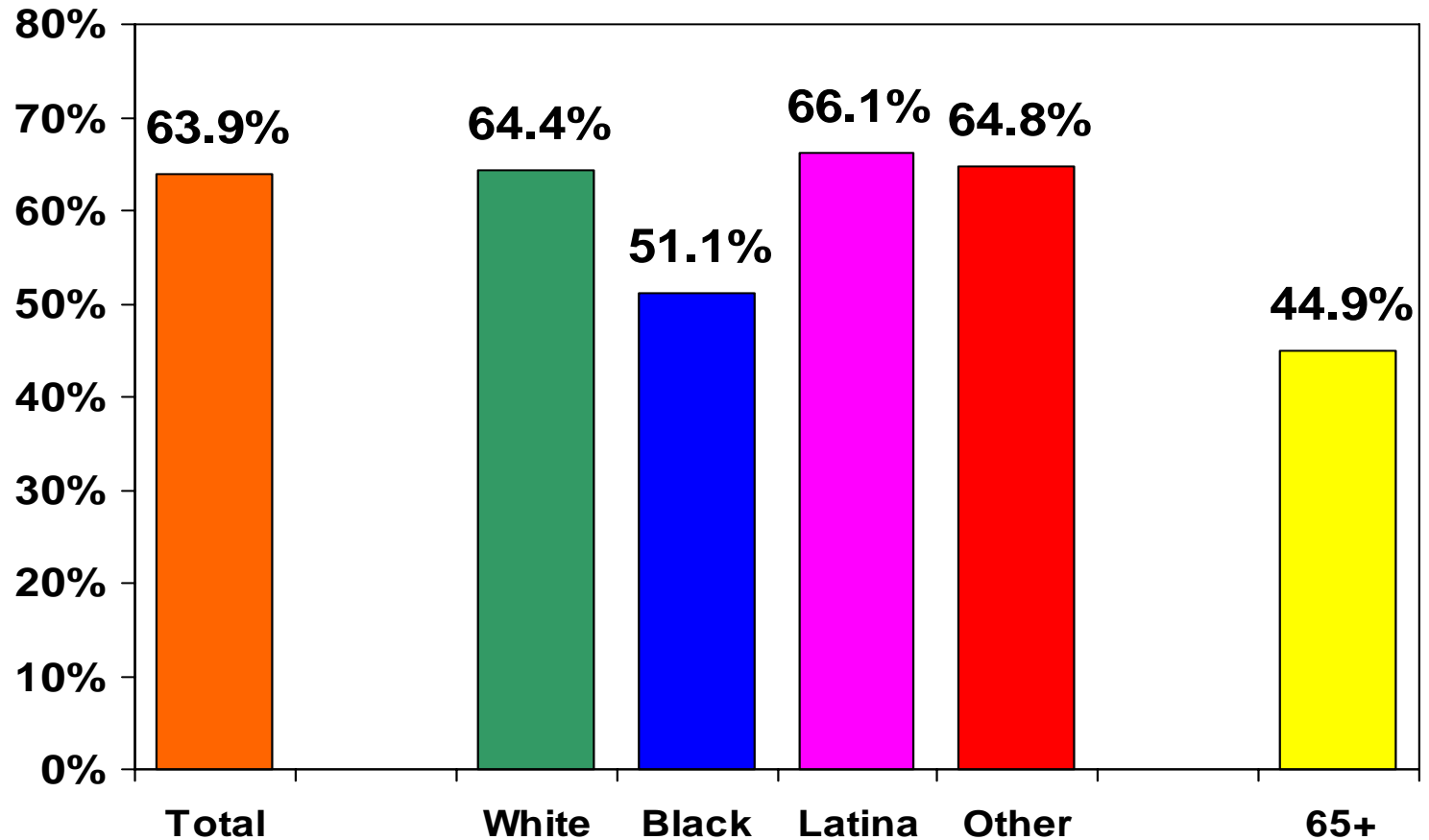
# Weight Perceptions<sup>1</sup>, 2002



<sup>1</sup> Underweight = BMI less than 18.5, Healthy weight = BMI of 25 or higher but less than 30, Overweight = BMI of 30 or greater. Based on reported height and weight.; age-adjusted to the 1990 California population.

Source: California Dept. of Health Services, Cancer Surveillance Section, California Women's Health Survey; weighted to the 1990 California population

# Weight Influenced How Nearly 2/3 of the Respondents Felt about Themselves



CWHS, 2000

# Unique Issues for Women and their Weight

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- Women have a greater percentage of body fat than men
- Hormonal fluctuations during pregnancy and menopause increase the risk for obesity
- Study by Toth et al: Body weight 6% higher and body fat 17% higher in postmenopausal women
- Change in fat distribution during menopause: increased abdominal fat

# THE HIDDEN AGENDA

Embarrassment

Anxiety

Depression

Low self-esteem

PANDORA'S BOX

How are you doing?

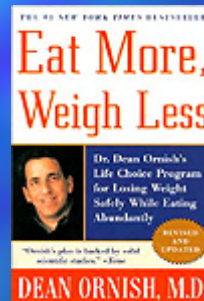
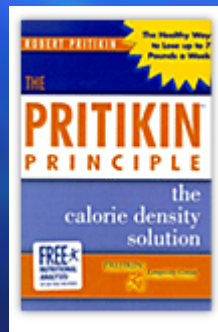
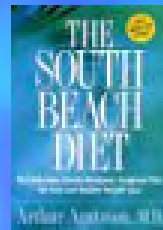
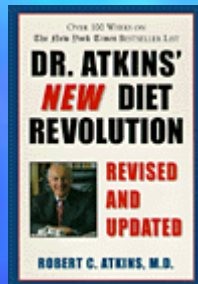


# Methods for losing weight

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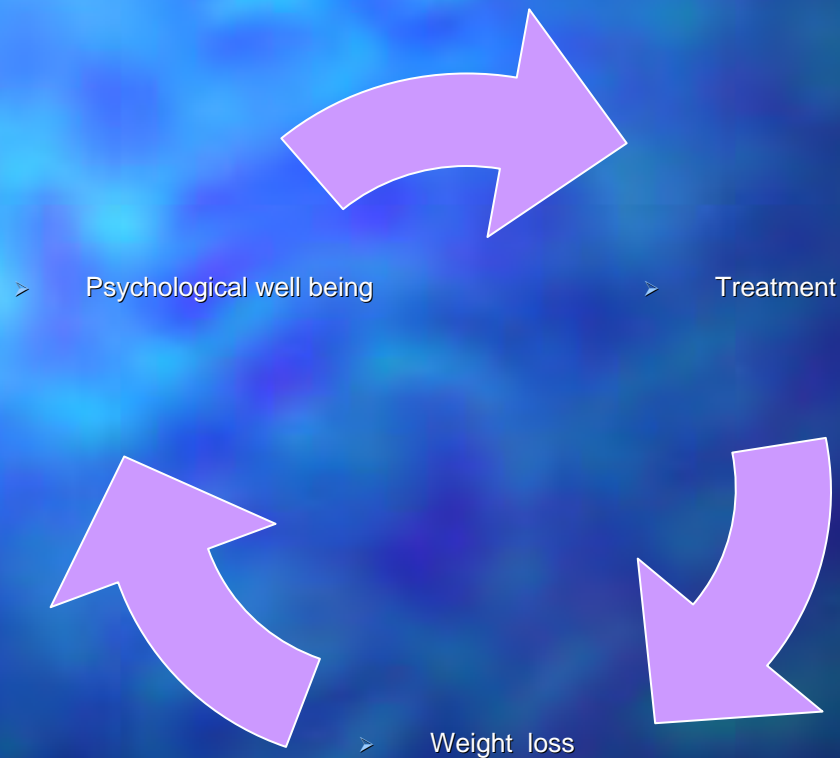
- Medically supervised multi-component weight loss programs: diet, physical activity and behavioral modification
- Weight loss drugs
- Very low calorie diets (VLCDs)
- Bariatric surgery
- Commercial programs and supplements

# The low down on fad diets



# Important Components

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# Balancing the Scales

- Most normal weight women will require about 1700 to 2400 calories per day depending on height and level of activity
- Most overweight women require more calories and need to eat less calories to lose weight (about 1200 to 1500 calories daily)

**Resting Energy Expenditure**  
**Basal Metabolic Rate**



Energy In = Energy Out  
Energy In  $\neq$  Energy Out



# Behavior Therapy

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- Behavioral modification therapy is a useful adjunct to dietary and physical activity recommendations.
- Multiple studies ranging from 6 months to five years demonstrate that behavior therapy combined with physical activity and planned adjustments to food intake improve success.

# Packaged Meals



PRODUCTS / AT HOME    ❖    **Pritikin Eating Plan @ Home**

*Never Before Has Following the Pritikin Eating Plan Been So Easy - Or So Pleasurable!*

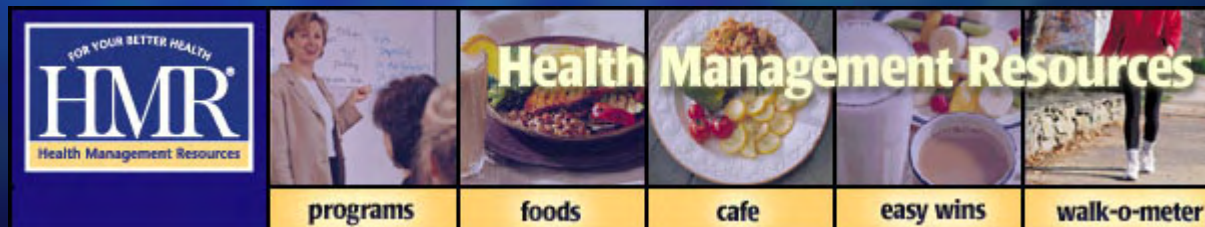
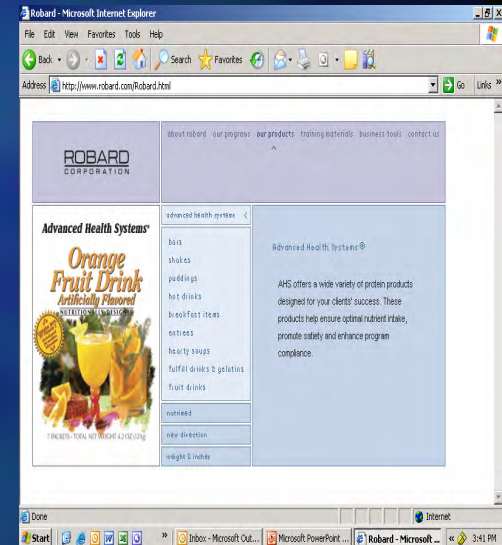
*Jenny Craig®*

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To have a consultant  
call you now, [click here.](#)

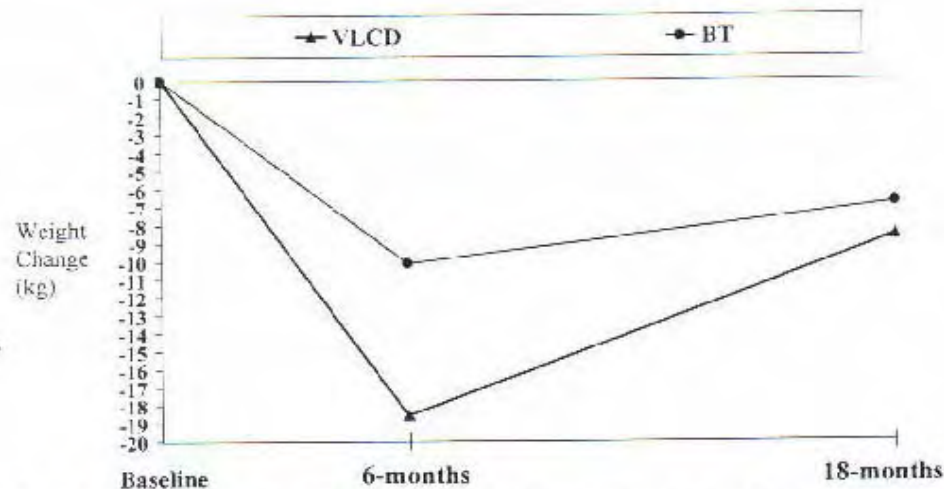
# VLCD Products

- New Direction
- Optifast
- Health Management Resources
- Medifast





# Maintenance Issues

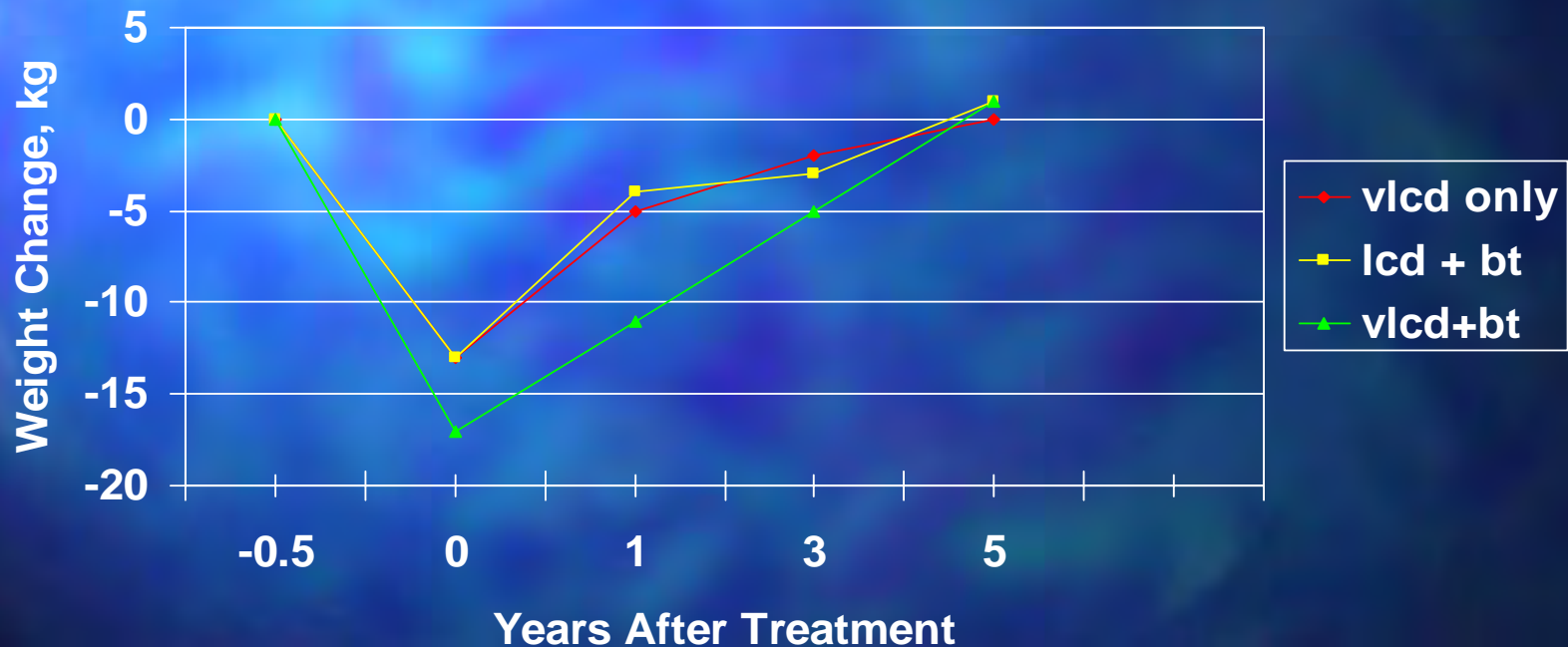


**FIG. 18.1.** Weight loss using behavioral therapy (BT) versus very low calorie diet (VLCD). (Adapted from Wing RR, Marcus MD, Salata R, et al. Effects of a very-low-calorie diet on long-term glycemic control in obese type 2 diabetic subjects. *Arch Intern Med* 1991;151:1334–1340, with permission.)

# Four month treatment intervention

VLCDs-National Task Force; JAMA(1993)-270(8)

## Long Term Weight Change on VLCD vs LCD



# Systematic Review of Major Commercial Weight Programs in the US

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- Reviewed randomized trials of at least 12 weeks duration of major commercial weight loss programs
- eDiets.com, Health Management Resources, TOPS, Optifast and weight watchers
- Weight Watchers: loss of 3.2% of initial weight at 2 years
- VLCDs lost 15-25% of initial weight but about 50% regain at 2 years

# Solutions to Women Achieving a Healthy Weight

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- Dietary Guidelines for Americans 2005
- MyPyramid: [www.mypyramid.gov](http://www.mypyramid.gov)
- Physical activity
- Medically supervised weight loss programs
- Public health and policy interventions
- Building healthier communities



# Women Achieving Healthy and Active Lifestyles

- 30 to 60 minutes of physical activity most days of the week (check with provider if medical contraindications)
- Eat a balanced diet: watch out for portion distortion
- Address mental health issues



# Acknowledgements

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- Thanks to Sharon Sugerman for slides about Women's Health Survey
- Carma Okerberg
- Leslie Holzman

